



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY, EUROPE, AND SEVENTH ARMY
UNIT 29351
APO AE 09014

AEACG

27 December 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Changes for Physical Training (PT), Sergeants Time Training (STT) and Family Time

1. Effective 3 January 2007, the following changes will be instituted throughout USAREUR/7A, in order to provide better predictability for our Soldiers and Families and to make better use of available training resources.

a. All units will conduct physical training five days a week to improve the physical fitness of their assigned Soldiers, and to increase the overall combat readiness of the USAREUR/7A formations that support the combatant commanders.

b. Although Sergeants Time Training is still a valid requirement, USAREUR/7A units will no longer be mandated to execute STT on a weekly bases. Unit commanders are authorized to schedule STT as best fits their overall training strategy and makes the most effective use of available resources.

c. Family Time will no longer be conducted on Thursday afternoons. The USAREUR/7A Soldiers and their families will be compensated for the loss of this time by adding four-day weekends to the calendar in the months that have no Federal Holiday.

2. Properly executed physical fitness training is critical to maintaining the combat readiness of our Soldiers and units. In order for Soldiers to show steady improvement in their overall physical fitness, unit commanders must maintain PT programs that allow for consistent training at least five days a week.

3. Sergeant's Time Training:

a. The way in which USAREUR/7A units currently execute STT has not significantly changed since it was established in the 1980s. At that time, the Army leadership saw a need to designate a specific time for Sergeants to be in charge of training. We have come a long way over the past 20 years, and now Sergeants are always in charge of training at the individual and small unit level. Even though STT is still a valid requirement, we can afford greater flexibility in how commanders manage Sergeant led training.

b. Given the collective focus of USAREUR/7A to prepare our Soldiers to fight and win the Global War on Terrorism (GWOT), we cannot properly resource every unit conducting individual and small unit training at the same time. Therefore, Thursday mornings will be given

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back to Commanders so that they may use the entire day to more effectively meet their individual unit requirements. Commanders may continue to conduct STT if it fits within their training strategy, but it does not have to be executed on Thursdays mornings. Whenever it is conducted, STT must be properly planned, resourced and executed.

c. Individual and small unit training is as important today as at anytime in the history of our Army, and all unit commanders are charged with the responsibility of ensure this training is executed. If spreading Sergeant led training throughout the week will make the best use of time and resources to ensure our Soldiers are prepared to fight and win the GWOT, then commanders and leaders will now have this flexibility.

4. Family Time has become an important part of our military culture, but given our current OPTEMPO, my assessment is that very few Soldiers have the opportunity to take advantage of this program. Providing an additional training holiday in the months of March, April, June and August will offset the loss of Family Time, and will allow Soldiers and families a more predictable schedule for planning time off for personal business and activities.

5. I have directed the staff to revise Army in Europe (AE) Regulation 350-1, Training in the Army in Europe, AE Command Policy Letter 7, Sergeant Time Training, and AE Command Policy Letter 10, Soldiers and Family Time, to incorporate the changes outlined above.



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General, USA
Commanding

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